

## Occupational Therapy Tip Sheet

### PREPARING FOR GRADE ONE



Below are practice ideas to help your child prepare for grade one. Your child should be holding a pencil within their fingertips and developing improved control and accuracy. Encourage detailed drawings and participation in printing as they complete the below activities.

#### Pencil grasp:

- Pinch the pencil with thumb, index and middle finger.
- Pencil should rest in the web space at the base of the thumb.
- The side of the hand should be resting on the table.







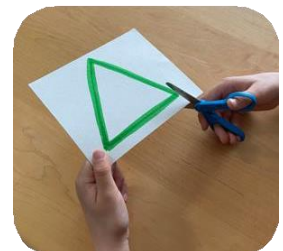
#### Drawing:

- Draw using simple shapes ( $\square$   $\Delta$  x).
- Adults may need to place dots as targets to draw diagonals and corners.
- Add more details to pictures (clothing, fingers, shoes, birds in the sky, etc.).
- Step-by-step drawing helps develop drawing skills.



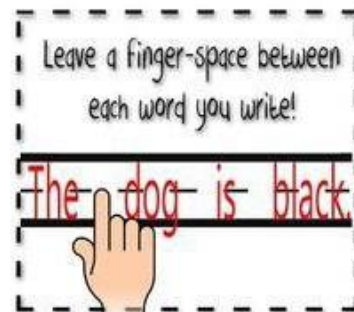
#### Cutting:

- Cut simple shapes (squares, rectangles and triangles).
- Keep elbows "glued to sides" and thumbs up on the scissors and the paper.
- Coloured dots at the corners are a helpful visual cue for where to stop and turn the paper.
- **Right-handed**  children should cut in a **counter-clockwise** direction. 
- **Left-handed**  children should cut in a **clockwise** direction. 



#### Printing:

- Practice printing words on a line or in a box.
- Attend to the size and placement of letters that are tall, small and hang below the bottom line.
- Encourage finger spacing between words.



#### Workbook Suggestions for printing practice:

1. Learning Without Tears ([www.lwtears.com](http://www.lwtears.com)): workbooks available for purchase in both English and French.
2. Printing Like a Pro!: printing practice sheets can be downloaded for free in both English and French (<http://www.childdevelopment.ca/SchoolAgeTherapy/SchoolAgeTherapyClassResources.aspx>).